



Code: 9370 NPN: 80073481
 Size: 200 mL Liquid



OptiMega-3[®] with Vitamin D3

Pharmaceutical Grade · Supports Cognitive Health and Maintains Cardiovascular Health

- Optimal 2:1 ratio EPA to DHA, provides convenient one-per-day dosing
- Clinical dosing of 1500 mg EPA and 750 mg DHA in triglyceride form, and 1000 IU vitamin D3 per teaspoon
- Pharmaceutical grade omega-3 blend, USP verified for quality and consistency
- Free of lipid peroxides and environmental pollutants, including heavy metals, pesticides, dioxins, PCBs, and other harmful compounds
- Sourced from wild anchovies, sardines, and/or mackerel, some of the best natural sources of EPA and DHA
- Harvested through sustainable fishing practices
- Comes in lemon flavour

PRODUCT SUMMARY

Vitamin D and omega-3 fatty acids from fish oil are among the most powerful nutrients for improving overall health, and they are also among the most commonly deficient. EPA and DHA improve a number of cardiovascular risk factors, including lowering atherosclerotic burden, reducing triglyceride levels and blood pressure, and improving platelet and vascular function. Not only do these fatty acids modulate risk factors, but controlled clinical trials have shown them to be effective in preventing cardiovascular and coronary events, particularly in persons at high risk.

EPA and DHA also support cognitive function through multiple mechanisms, as they are indispensable to neuronal membranes, with lower levels found to be not only a marker for neurological disease but also a risk factor for cognitive impairment. EPA and DHA are essential to the resolution of inflammatory processes, providing the substrates for anti-inflammatory prostaglandins, resolvins and protectins.

Vitamin D modifies cardiovascular risk and reduces the risk of autoimmune disease and osteoporotic fractures. It has also been shown to have anti-inflammatory effects, with supplementation particularly important for those with signs of inflammation. Insufficient intake of vitamin D and EPA/DHA has been implicated in brain dysfunction, including impaired serotonin activation, cognitive decline, ADHD, and mood disorders. EPA and DHA, combined with vitamin D, have synergistic benefits for improving overall wellness.



OPTIMEGA-3® WITH VITAMIN D3

PHARMACEUTICAL GRADE · SUPPORTS COGNITIVE HEALTH AND MAINTAINS CARDIOVASCULAR HEALTH

Serving Size: 1 teaspoon (5 mL)

Servings per Container: 40

Each Teaspoon (5 mL) Contains:

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| Fish Oil (Anchovy, Sardine and/or Mackerel)..... | 4500 mg |
| Omega-3 Fatty Acids..... | 2630 mg |
| Eicosapentaenoic Acid (EPA)..... | 1500 mg |
| Docosahexaenoic Acid (DHA)..... | 750 mg |
| Vitamin D3 (Cholecalciferol)..... | 1000 IU (25 mcg) |

Non-medicinal Ingredients: Lemon flavour, lemon peel essential oil, tocopherols, monk fruit extract.

Recommended Adult Dose: 1 teaspoon (5 mL) per day or as directed by a health care practitioner. Keep out of reach of children.

Recommended Use: For the maintenance of good health. Helps support cardiovascular and cognitive health, reduce serum triglycerides/triacylglycerols, and support brain function. Helps to promote healthy mood balance. Helps in the development and maintenance of bones and teeth, the absorption and use of calcium and phosphorus, and prevents vitamin D deficiency. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

Contraindications: Individuals with an allergy to fish or seafood should use caution, though fish oil is rarely allergenic. Both benefit and risk have been documented for those at risk of or being treated for cardiac arrhythmias, with close supervision indicated. Pregnant and nursing women are often advised to consume a minimum of 300 mg DHA per day, and although DHA is recognized as essential to neurological development, no dosage recommendations have been made for children or infants. Supplemental vitamin D should be used with caution in those with sarcoidosis, lymphoma, tuberculosis, hypercalcemia or renal impairment.

Drug Interactions: The antihypertensive effect of fish oil and/or vitamin D may potentially reduce the need or dosage for blood pressure medications, and patients should be closely monitored. Because fish oil has an antithrombotic effect, caution is advised for those on anticlotting, antiplatelet or anticoagulant medications, or those at high risk of bleeding. However, a multinational randomized and controlled trial found that fish oil did not increase perioperative bleeding, and it reduced the number of transfusions needed, and appeared to be associated with a lower risk of bleeding when given pre- and postoperatively. At doses greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia and close monitoring of patients on antidiabetic medication is recommended. Vitamin D may increase the risk for hypercalcemia when taken with a thiazide medication (diuretic). Benefit has been shown when fish oil is taken with statins, SSRIs, anti-convulsants, and cytotoxic medications.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. Refrigerate after opening. Store in airtight container, protected from light.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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